



SERVES 4

MAN•FAT FOOTBALL



**JERK SALMON**

**QUARTER POUNDERS**

**WITH MANGO SLAW**

393 CALORIES PER SERVING



**SERVES 4**

**MANVAT FOOTBALL**

# JERK SALMON QUARTER POUNDERS WITH MANGO SLAW



**CARBS 40%**  
**PROTEIN 30%**  
**FAT 30%**

Jerk is a style of cooking associated with Jamaican heritage and cuisine, traditionally made with pork or chicken. This recipe is jerk with a twist, but doesn't compromise on flavour.

## FAST FACTS

**Category:** Dinner

**Difficulty Level:** Easy

**Time to prepare:**

10 minutes

+ 60 minutes freezing time

**Time to cook:** 15 minutes

**Serves:** 4

**Portions of Fruit or**

**Vegetables per serving:** 1

**Calories:** 393kcal per serving

## INGREDIENTS

- 250g salmon skin removed
- 150g haddock skin removed
- 25g jerk paste
- 1 tsp smoked paprika
- Juice of half a lime
- Handful chopped coriander
- 40g mango, mashed
- Pinch black pepper
- 4 burger buns

### For the Slaw

- 80g red cabbage finely shredded
- ½ red onion finely chopped
- 1 tbsp chopped coriander
- Juice of half a lime
- 50g mango
- Half a green chilli, finely chopped

### For Sauce

- 1 tsp sriracha
- 2 tbsp fat-free Greek yoghurt

## METHOD

1. To make the burgers, blot the salmon and haddock with kitchen roll to remove any excess water. Cut the fish into chunks and add to a food processor along with the jerk paste, paprika, lime juice, coriander, black pepper and mango. Blitz it all together, scraping the sides down to make sure it's well combined. Don't blitz it too finely as you still want a bit of texture.
2. Line a baking tray with greaseproof paper. Divide the mixture into 4 equal portions and shape into burgers. You can use a large cookie ring to get a decent shape, but you can also just use your hands. The mixture will be quite wet, but don't worry, this is normal.
3. Once you have 4 burgers, freeze for an hour.
4. When you're ready to cook, spray a non-stick frying pan with Frylight and heat to a medium heat. Place the burgers in the pan and leave for 5 minutes before flipping and cooking the other side for a further 5 minutes. Lower the heat and allow to cook for another 5 minutes, until the burger is cooked through.
5. While your burgers are cooking, make the mango slaw. Finely shred the cabbage and onion and squeeze over the lime juice. Add the coriander. Slice the mango into long, thin pieces and add to the red cabbage, along with the green chilli.
6. Mix the sriracha and Greek yoghurt. Lightly toast the buns, dollop the chilli and yoghurt sauce on the bottom, add the jerk salmon burger and top with the mango slaw and bun.

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